

# **Village of Antioch**

## **Parks & Recreation Department**

**Laurie Stahl, Director**

**Debbie Foerster, Program Supervisor**

**Mary Linhart, Office Clerk**

**806 Holbek Drive**

**Antioch, IL 60002**

**Office Hours: 9:00 a.m. - 5:00 p.m. Monday - Friday**

**Phone: (847) 395-2160 Fax: (847) 838-4328**

**Camp Crayon/Summer Day Camp Phone: (847) 838-4330**

**Scout House Phone: (847) 395-2191**

**Antioch Aqua Center (June - August) Phone: (847) 395-7665**

**Village Hall Building**

**874 Main Street Antioch, IL 60002**

**Phone: (847) 395-1000 Fax: (847) 395-1920**

### **Trustees**

**Robert J. Caulfield, Jr.**

**Lawrence M. Hanson**

**Barbara S. Porch**

### **Dorothy Larson, Mayor**

**Mike Haley, Village Administrator**

**Candi Rowe, Village Clerk**

### **Trustees**

**Robert E. McCarty**

**Scott A. Pierce**

**Mary J. Turner**

## **Antioch Park Commission**

**Chris Lienhardt, Chairman, Cindy Dziki, Wayne Foresta, Tom Kessell,**

**Julie Konvalinka, Jim Weber**

Antioch Village Website: <http://www.antioch.il.gov>

E-Mail address: [lstahl@antioch.il.gov](mailto:lstahl@antioch.il.gov)

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### **Antioch Parks & Recreations Mission Statement**

To enhance the quality of life by providing parks, open space and recreational opportunities for the Antioch Village residents, while preserving and enhancing the natural benefits of the environment.

# GENERAL PARK RULES

***Listed below is a summary of General Park Rules. For a complete listing of Village of Antioch's Park Rules Ordinance, see Chapter 4 of Title 8 of the Antioch Municipal Code.***

1. Parks are open from dawn to dusk unless special arrangements are made with the Parks Director. **USE AT OWN RISK.**
2. Park Watch Program is in effect.
3. Children age 10 and under must be accompanied by an adult.
4. Some equipment is not suitable for use by younger children - parental discretion is advised.
5. Please keep all pets on leashes and clean up after your own.
6. Please report any unsafe equipment or vandalism to the Parks Department.
7. **No Smoking** in any park building, shelter, playground area, and only in designated smoking areas on grounds.
8. **The following is prohibited in all Parks:** Climbing on top of roof(s), trees, buildings or equipment, Throwing objects (sand, woodchips, rocks, etc.), Jumping from or off of equipment, Fires, Alcoholic beverages, Snowmobiles, dirt bikes, scooters, AT vehicles.
9. It is strictly forbidden to roller skate, roller blade, skateboard or ride a bicycle or scooter on any tennis court, basketball court, pavilion area, bench, picnic table or other park equipment. Skate boards, bikes and roller blades may be used in the Skate Park in strict accordance with posted rules for the use of such equipment.

**HOW TO REGISTER FOR A PROGRAM:** Registering for a program requires payment in full for the class and a completed registration form and signed waiver. Registration forms are required for each program you wish to enter. You may register for a program at the Parks Office, 806 Holbek Drive. Registration for all programs will be closed when a class becomes full or one week before the program begins. **All checks should be made payable to The Village of Antioch.** All registration is taken on a first come first serve basis. For specific programs the Parks Department may hold a special registration date for Village residents and/or Antioch Township residents before opening registration to non-residents. You will be notified if for any reason the program is changed or canceled in any way. Late registration, for classes already in progress, will be accepted if openings exist **with no reduction in fees.** Programs with insufficient enrollment may be canceled, so register early!

**SNOW POLICY:** If District 34 cancels classes, Park Department programs may also be canceled. You will be notified as early as possible of cancellations.

**INSURANCE:** The Antioch Parks and Recreation Department is not responsible for medical, hospital or accident claims by any individual or group participating in a park program.

**REFUND POLICY: NO REFUNDS WILL BE GRANTED** unless a program is canceled or changed by the Parks & Recreation Department. People who are unsure about signing up for a class may contact the Parks & Recreation Director and arrange a time to view a class before registering for the class the next session if possible. This action in no way guarantees a space to said person, and **MUST** be arranged with the Director. In special circumstances, a credit may be offered.

**FEE SCHEDULE:** Throughout this booklet, you will see two levels of fees. They are as follows: Antioch Residents/Non-Residents. Proof of residency may be required for registration in Parks Department programs. Any person unsure of their status with regards to residency may check with the Parks Office. For clarification, an "Antioch Resident" is defined as a person living within the borders of the Village of Antioch or Township and must have a 60002 zip code. A non-resident will be anyone who does not have a 60002 zip code. A Village Resident will have a 3 - 4 digit address while Township Residents will have a 5 digit address. The Village of Antioch reserves the right to hold priority registration dates for Village residents and/or Antioch residents.

**Remember our Park Watch Program is in effect. Help keep your parks safe and clean by reporting any vandalism, damaged equipment or unsafe behavior at our parks to our parks dept. at 847-395-2160 or the non-emergency police number at 847-395-8585.**

**FOR INFO ON THE FOLLOWING ORGANIZATIONS, PLEASE CALL THE NUMBERS LISTED  
THESE ORGANIZATIONS ARE NOT PART OF THE PARKS DEPARTMENT.**

[illegible]

Phone: 262-862-9425  
Voice Mail: 847-604-4070  
Phone: 847-395-7608  
Voice Mail: 847-838-5657  
[WWW.AYLL.COM](http://WWW.AYLL.COM)  
Phone: 847-395-9287  
Phone: 847-356-1232

For children in 1st - 8th grade. Boys play Jan. - Mar. (Regis. in Oct.) Girls play Sept. - Dec. (Regis. May)

## **AYSO (American Youth Soccer Organization)**

E-mail: [AntiochAYSO@AOL.com](mailto:AntiochAYSO@AOL.com)

## Soccer Leagues Lindenhurst Park District

Phone: 847-337-7615

## Boy Scouts of America- Bill Bruno

Phone: 847-356-6011

Additional Contact: Dorothy Collings

Phone: 847-736-2886

**Girl Scouts- Linda Schmidt**

Phone: 847-838-1654

**Lakes Region Historical Society- President, Wendy Maston**

Phone: 847-395-1551

**Antioch Waves Swim Team- Paul Howard, Co-President**

Phone: 847-395-7337

Phone: 847-395-0139

**Village of Antioch's Senior Center- Coordinator, Paul Howard      Phone: 847-395-0139**

The Antioch Senior Center is a multi-purpose drop in center, open Monday - Friday from 8:30 a.m. until 4:00 p.m. It is located at 817 Holbek Dr. (behind the Fire & Rescue Squad building on Orchard St.) Anyone age 60 and over is welcome to attend. MEALS: A nutritious and balanced hot lunch is served at the center Monday and Friday at 11:45 a.m. Seniors are asked to sign up at least two days in advance. The cost of the meal is \$3.00. The nutrition program is run primarily by senior volunteers who work in the kitchen, serve meals, and help with registration and clean-up. The menu is posted at the center. In addition to the noon congregate meals program, a Meals on Wheels program operates out of Antioch. Eligible recipients living in Antioch receive a nutritious and balanced hot meal. The meals are delivered by volunteers (at noon), 5 days a week. For more information regarding the Meals on Wheels program call 546-5733. MEMBERSHIP: Membership to the Antioch Senior Center is \$5.00 per year. TRANSPORTATION: Both the PACE Bus and Antioch Veteran's Cab are door to door services. The cost of the bus is \$1.80 for a round trip within the Township boundaries. The cost of the Cab is half of the fare with the PACE card. You may obtain a PACE ID card at the Village Hall or Township Office. You must call 24 hours in advance for the PACE Bus at 1-800-224-7223. You may reach the Antioch Veteran's Cab by calling 395-0481. ACTIVITIES: Rubber Bridge, Duplicate Bridge, Bridge Lessons, 3 and 4 Hand Pinochle, Beginning Pinochle, Cribbage, Sing-A-Longs, Bingo, Line Dancing, Crafts, Piano Playing, 6 Parties per year, Trips, Flu Shots in November, Foot Clinic 2nd Friday each month, Health Van Screenings - 3rd Monday each month, Individual Computer/E-Mail Lessons by appointment, and many more events throughout the year. For specific days and times for the above listed activities, please call the Senior Center.

**\*\*\*ANTIOCH'S FESTIVAL OF ARTS\*\*\***

**Lakes Area Community Band, Debbie Davis**

**Phone: 847-395-0272**

The Lakes Area Community Band is a volunteer concert band with the goal of providing fun and educational making opportunities for people of all ages and musical abilities. Membership is open to adults or high school students. Junior high students actively taking private music instruction are also welcome to participate. No audition required. The band prepares around six seasonal concerts per year including: May 9<sup>th</sup> - Concert at ACHS, June 24<sup>th</sup> - FridayFest Opening Night, the very popular 4<sup>th</sup> of July concert at Williams park. Rehearsals are held every Monday from 7:00 - 9:15 p.m. at the ACHS band room. The band is under the direction of Steve Porch. Come join the fun!

# Village of Antioch's Special Events and Programs

## 7<sup>th</sup> ANNUAL MOTHER & SON COSMIC BOWLING DATE NIGHT

This year's 7<sup>th</sup> Annual Mother & Son Date Night will be Sunday, September 18<sup>th</sup> from 4:00 p.m. to 6:00 p.m. at the Antioch Bowling Lanes. Cosmic Bowling, hot dog, chips, pop and a memorable photo will be included along with the bowling and shoe rental. Bumper bowling will be available for younger children. Antioch Residents: \$20.00 per couple and Non-Residents: \$30.00 per couple (\$10.00 for each additional son). Antioch residents may register for this popular event at the Parks Office beginning August 1<sup>st</sup>. Non-Residents may register at the Parks Office beginning September 6<sup>th</sup>. There is limited space so register early! Call the Parks & Recreation Office at 847-395-2160 for more information. **DEADLINE FOR REGISTRATION IS 9/16/05. TICKETS WILL NOT BE SOLD AT THE DOOR!**

## OCTOBERFEST 2005

The Village of Antioch will be hosting our 2<sup>nd</sup> annual **OCTOBERFEST**. It will be held on October 8, 2005 from noon until 10:00 p.m. all through the downtown and on Skidmore Dr. in front of the Brooke Memorial Entertainment Center. We will have food, beer, snacks, live bands, games, dancing, contests as well as other fun events. Antioch's non-profit organizations provide the delicious food and beverages.

During the day we will have food tents on Skidmore Dr. and street sales, crafters and snack type foods being sold throughout our downtown. Some of our events will include Dachshund (wiener dog) races, beer barrel stein contest and a yodeling contest. This was one of the best events in Antioch in 2004 and we plan to make it even better this year. Lots of food, entertainment, and fun are planned once again! Mark your calendars and plan on attending this great event!

## HALLOWEEN HOWL

**Friday, October 21<sup>st</sup> 4:30 p.m. - 10:00 p.m.**

**Saturday, October 22<sup>nd</sup> Noon - 8:00 p.m.**

Bring the family out for two days of Halloween Fun in Downtown Antioch! Visit our haunted walkways, play children's games, win candy and prizes, walk and ride on our haunted trails, and much, much more. Saturday evening ends with a costume contest and entertainment at the William E. Brook Memorial Entertainment Center on Skidmore Drive. We are looking for volunteers to run simple games and supervise children in different area and we are also looking for adult monsters. If you can help us for two hours or more, please call Billie Horton at 847-395-6342. Without the generous support of our volunteers, we would not be able to undertake such a huge event!

## Daddy Daughter Date Night

Dad, its time once again to spend a special night with "Daddy's Little Girl(s)." This evening of dancing is for fathers and daughters of all ages. (Substitute daddies are always welcome!) This year's event will take place at Antioch Upper Grade School on Saturday, February 4<sup>th</sup> from 7:00 - 9:00 p.m. Cost is \$10.00 per couple for Antioch residents, \$20.00 per couple for non-residents and \$5.00 for each additional daughter. Ticket price includes dancing, ice cream sundaes, beverages, a memorable photo, and a corsage for the girls. **Tickets will go on sale for Antioch residents beginning December 12<sup>th</sup>. Open registration will begin on January 16<sup>th</sup>** and tickets will be sold through Friday, February 3<sup>rd</sup> or until they are sold out. There is a limited number of tickets again this year and advance sales only. **THERE WILL BE NO TICKETS AVAILABLE AT THE DOOR!**

# **Antioch's Winter Holiday Festivities**

## **Annual Holiday Parade**

Welcome Santa and the Christmas season to town at the old-fashioned Holiday Parade on Friday, November 25<sup>th</sup> at 6:30 p.m. The Parade is sponsored by the Village of Antioch Parks & Recreation Department. It will run down Main Street from Lake Street to Orchard Avenue, and will conclude with the official lighting of the Antioch Family Christmas Tree outside the Village Hall. Homemade cookies, hot chocolate and old-fashioned caroling will take place at Village Hall during the Tree Lighting Ceremony. Don't miss this special event that will warm your heart and set the tone for an outstanding Antioch Christmas. Santa will make a special appearance and will then be available for visiting immediately after the Tree Lighting Ceremony at his castle on Toft Street. If you are interested in an entry in the parade, please call the Parks Office at 847-395-2160.

## **Santa's Enchanted Castle**

We have had confirmation from the North Pole that Santa will once again visit Antioch for the annual Holiday Parade on November 25<sup>th</sup> at 6:30 p.m. From there, he will open his Enchanted Castle immediately following the Parade and Tree Lighting Ceremony. Santa's Enchanted Castle will be located in the municipal lot off of Toft Street under the big water tower. Santa will hear wishes from November 25<sup>th</sup> through December 23<sup>rd</sup>. His hours will be from 5:30 - 8:00 p.m. on weekdays and from 1:00 p.m. to 4:00 p.m. on weekends. Questions regarding Santa's Enchanted Castle, or to find out how you can help Santa, please call the Antioch Chamber of Commerce & Industry at 847-395-2233.

## **Letters to Santa**

Santa also has a mail box right here in Antioch! He loves to receive letters from all the wonderful children of the Antioch Community. Make sure to include your return address so Santa can send his reply. You can simply drop your letter in the mailbox which is located right outside his Enchanted Castle or you can send your letters to:

**Santa's Enchanted Castle  
c/o Antioch Parks Dept.  
806 Holbek Dr.  
Antioch, IL 60002**



## **The Antioch Family Christmas Tree**

Following the Holiday Parade, we will be lighting the Antioch Family Christmas Tree. You can share in this special event by making an ornament to hang on the tree. Your ornament should be weather-proof and should have your family's name on it. Also be sure that you include some type of hanger on it so that the ornament will stay on the tree all season. Ornaments can be dropped off at the Department of Special Events up until November 24<sup>th</sup>. Please call 847-395-6342 if you have any questions.

## **Volunteers Needed!**

Throughout the year the Department of Community Services and the Parks Department need volunteers to work on special projects such as the 4<sup>th</sup> of July, Halloween Howl, Christmas Parade and the Tree Lighting Ceremony, Daddy Daughter Dance, Easter Hunt and other exciting events. If you would like to help, call the Parks Dept. at 847-395-2160 or the Special Events Coordinator, Billie Horton at 847-395-6342.

## CAMP CRAYON PRE-SCHOOL

Camp Crayon Director: Debbie Foerster Phone: 847-838-4330

Lead Instructor – 3 yr. olds: Karen Meyer      Lead Instructor – 4 yr. olds: Carol Richter

Camp Crayon is a social pre-school program for 3 - 5 year olds (child must be toilet trained by September 1<sup>st</sup> to participate in the program.) Classes will begin the week of September 12<sup>th</sup> and run through mid May. We have expanded our program this year by using the Scout House (770 Cunningham Dr.) for the 3 year old classes. The 4 year old classes will remain at the Parks Building (806 Holbek Dr.). This has allowed us to add a new class for each age group. Classes and fees are listed below. There are 20 children per class with 4 instructors for the 3 year old classes and 20 children per class with 3 instructors for the 4 year old classes. \*Payment sessions are every 6 weeks. Call the Parks Office for a detailed brochure and class availability at 847-395-2160.

<u>Class</u>	<u>Days</u>	<u>Time</u>	<u>Fee*</u>	<u>Location</u>	<u>Class Code</u>
3 Year Old Class	M & W	9 - 11:00 a.m.	\$85/105	Scout House	CC3MW
3 Year Old Class	T & Th	9 - 11:00 a.m.	\$85/105	Scout House	CC3TH
4 Year Old Class	T & Th	9 - 11:30 a.m.	\$100/120	Parks Bldg.	CC4TH
BK Camper Class	M/W/F	9 - 11:30 a.m.	\$150/170	Parks Bldg.	CCBKAM
BK Camper Class	M/W/F	12:30 – 3:00 p.m.	\$150/170	Parks Bldg.	CCBKPM

### REGISTRATION for the 2006/2007 school year will be:

VILLAGE OF ANTIOCH RESIDENTS: Saturday, March 11, 2006 from 9:00 - 11:00 a.m.

Antioch Township Residents: Saturday, March 11, 2006 from 11:00 a.m. - noon

Village residents will have a 3 or 4 digit address and live inside the Village limits. Please bring proof of residency with you and your child's birth certificate. Registration will be at: Parks Office, 806 Holbek Dr. in the Camp Crayon Classroom. A \$50 deposit is due at registration. (Children in prior year's Camp Crayon class will have priority registration before these dates.) Non-residents can register on Monday, March 21<sup>st</sup> if there are still spaces available.

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### TIME FOR ME "TWO"

Time For Me "Two" Parent/Tot Program is for 2 and 3 year olds. This class is a unique experience between a parent/guardian and child. Classes are an hour and a half, once a week on Fridays. Sessions are 6 or 8 weeks. In class your child will learn to play with children their own age while experiencing a semi-structured class schedule which will prepare them for future pre-school classes. Children will experience many age appropriate activities in social playtime, music, art projects, show and tell and story time. Classes are filled on a first come first serve basis. Parents will sign up for snack day/show and tell in class. Classes are held at the Scout House at 770 Cunningham Dr.

Day/Time: Fridays 9:00 – 10:30 a.m.

Ages: 2 & 3 year olds and parent/guardian

Fees: \$60/70 (8 wks)      \$45/55 (6 wks.)

Min/Max: 6/10

		<u>Class Code</u>
Session 1: 8 wks.	9/23 – 11/11	TFMT1
Session 2: 8 wks.	11/18 – 1/27 (No class 11/25, 12/23, 12/30)	TFMT2
Session 3: 6 wks.	2/3 – 3/17 (No class 2/17)	TFMT3
Session 4: 6 wks.	3/24 – 5/12 (No class 3/31 or 4/14)	TFMT4



# ANTIOCH SHOTOKAN KARATE

Sensei Anna Conners

847/302-5425

Cost: (Antioch/Non-Resident)  
\*\*\*\*\*Schedule effective 9-1-05\*\*\*\*\*



**LI'L DRAGONS:** This is a half hour class for 3-5 year olds. Students play karate-oriented games and work on coordination, rhythm, movement and many other motor skills (Sat. 10-10:30 a.m.). Cost \$25/30. Add \$10.00 for unlimited. Maximum class size: 8. **ASKLD**

**LI'L TIGERS:** Class focuses on 5-8 year olds. Students learn the fundamentals of karate, focus and concentration and end class with karate-oriented games. Students advance within the same class (MW 5-6:00 p.m.; Tues. 4:30-5:30 p.m.; Sat. 9-10 a.m.) Cost: \$35/40. Add \$10.00 for unlimited. Max. class size: 20. **ASKLT**

**BEGINNER/INTERMEDIATE 1 & 2/ADVANCED MIXED:** This is a class that parents can take with their children. The beginner/intermediate 1 class is designed as a beginner/continuation for students who have not had or have had previous instruction in the Shotokan style. This class is a parent/child class...minimum age is 8 years old. This is a faster paced class. Exam is scheduled periodically for advancement. The Beginner/Intermediate 1 & 2 class is for white to green belts. Advanced class is for purple belts and up unless the student has instructor approval (Beg/Int. 1 & 2, TR 5:30-6:30 p.m.; Advanced, TR 6:30-7:30 p.m.). Cost: \$35/40, add \$10.00/month for unlimited. Maximum class size: 30. **ASKBI**

**ADULT BEGINNER/INTERMEDIATE/ADVANCED CLASS:** The class is designed specifically for 14 years and up who are beginner, intermediate or advanced levels and prefer a class without small children. Focus is placed on techniques, combinations and kata (MW 7-8:00 p.m. Cost \$35/40, add \$10.00/mo. For unlimited. Maximum class size: 30. **ASKABI**

**STRENGTH & CONDITIONING CLASS:** This class is designed for the student who wants to work on toning or building up muscles. A lot of time is spent on correct technique with no stress to the muscles or body. Weights, medicine balls, ukemi balls as well as resistance bands are used for training. (MW, 6 - 7:00 p.m.). Cost \$35/40 Add \$10.00/mo. for unlimited strength and conditioning and interval training classes on Saturdays. **ASKCC**

**INTERVAL TRAINING:** This class is for the individual who wants to work on toning and cardio within the same class. Weights and bands are used as well as cardio exercises. (Sat., 8-9:00 a.m.) Cost \$35/40 Add \$10.00/mo. to include unlimited strength and conditioning and interval training classes. **ASKIT**

**ADVANCED KATA CLASS:** This class is specifically designed for brown and black belts. Focus is on high belt katas. One or two katas per month are covered along with applications for that particular kata. (Sat., 10:30-11:15 a.m.) This class is included under unlimited class fee.

**TOURNAMENT TRAINING:** This class is specifically designed for the student who will be competing. Focus is on specific katas and kumite drills. Mandatory AAU equipment needs to be purchased along with the AAU patch. Students will be competing in local, regional, national and world competitions. (Sat., 11:15-12:15 p.m.) Cost: Add \$20/25 Ages 5 and up. Maximum: 30 **ASKTOURN**

**CARDIO-KICKBOXING:** This class focuses on karate & kickboxing techniques while working out to music. It includes 20 minutes of kickboxing combinations at center floor, 15 minutes of bag work, 10 minutes of toning with bands, medicine balls, or x-erballs; 10 minutes of abs and pushups; with a cool-down of about 5 minutes. This class is a full-body workout!!! It will definitely work on your cardio program. Aerobic wear and hand wraps are recommended. Boxing gloves can be purchased as well. Get ready to JAM!! (T/Th 7:30-8:30 p.m.) Cost: \$35/40, add \$10.00 for unlimited fitness classes. Maximum: 30. **ASKCARD**

There is an AAU membership required of all student, \$27.00/year for adults and \$15.00/year for youth up to 18, to be paid with registration or in September (whichever comes first) and is good from 9-01 to 8-31 of the following year.

**\*\*NO CLASSES: Sept. 5<sup>th</sup>, 24<sup>th</sup>; Oct. 10<sup>th</sup>; Oct. 27<sup>th</sup>-Nov. 2<sup>nd</sup>; Nov. 24-26<sup>th</sup>; Dec. 21<sup>st</sup>-Jan. 2<sup>nd</sup>\*\***

**Call 847-302-5425 or 847/395-2160 for more information.**

# FALL & WINTER PROGRAMS

**Fees are as follows: Residents (60002 zip code) / Non-Residents**

## DANCE

### AMERICAN STARS OF DANCE

American Stars of Dance is offering dance and tumbling classes through Antioch Parks and Recreation. Each student in our program learns to dance, develop positive self-esteem and has fun as well. If these classes do not fit your schedule, or if there is a class you are looking for and do not see it listed, please call our studio office at 847-838-1234.

#### Tumbling

This fun class will introduce children to the basics of tumbling, as well as build strength, flexibility and balance. Comfortable clothing, ballet/tumbling shoes or bare feet are required. **Location: American Stars of Dance, 133 Cedar Ave. Lake Villa, IL.**

Ages: 6 – 10 years old  
Days: Mondays – 6 wk. session  
Time: 6:00 – 7:00 p.m.  
Session 1: 9/12 – 10/17 **AST1**  
Session 2: 10/24 – 11/28 **AST2**  
Session 3: 1/2 – 2/6 **AST3**  
Session 4: 2/13 – 3/20 **AST4**  
Min/Max: 4/8  
Fee: \$65/70

#### Parent & Tot

This 45 minute class includes play acting with props, parachute games, obstacle courses, creative movement, stretching, some tumbling and basic dance steps. This class offers your child a structured play experience away from home with other children of the same age. Parents should plan to participate with their child. Comfortable clothing and gym shoes are required. **Location: American Stars of Dance, 237 Depot St., Antioch.**

Ages: 18 months – 3 yrs old  
Day: **Friday** - 6 wk. sessions  
Time: 9:30 – 10:15 a.m.  
Ses. 1: 9/16 – 10/21 **ASPTF1**  
Ses. 2: 10/28 – 12/2 **ASPTF2**  
Ses. 3: 1/6 – 2/10 **ASPTF3**  
Ses. 4: 2/17 – 3/24 **ASPTF4**  
Day: **Saturday** 6wk. session  
Time: 9:00 – 9:45 a.m.  
Ses. 1: 9/17 – 10/22 **ASPTS1**  
Ses. 2: 10/29 – 12/3 **ASPTS2**  
Ses. 3: 1/7 – 2/11 **ASPTS3**  
Ses. 4: 2/18 – 3/25 **ASPTS4**  
Min/Max: 4/8  
Fee: \$50/55

#### Tap, Ballet, Tumbling

Warm-ups and instructional steps are combined with children's songs and props to help provide fundamental skills. Children are introduced to basic tap and ballet technique. This is a structured dance experience to establish or continue a "solid" base of dance knowledge. Tap and ballet shoes are required as well as proper dance attire. **Location: American Stars of Dance, 133 Cedar Ave. Lake Villa.**

Ages: **3 – 5 years old**  
Day: Mondays 6 wk. sessions  
Time: 4:00 – 5:00 p.m.  
Ses. 1: 9/12 – 10/17 **ASTBT31**  
Ses. 2: 10/24 – 11/28 **ASTBT32**  
Ses. 3: 1/02 - 2/06 **ASTBT33**  
Ses. 4: 2/13 – 3/20 **ASTBT34**  
Ages: **6 – 10 years old**  
Time: 5:00 – 6:00 p.m.  
Ses. 1: 9/12 – 10/17 **ASTBT61**  
Ses. 2: 10/24 – 11/28 **ASTBT62**  
Ses. 3: 1/02 - 2/06 **ASTBT63**  
Ses. 4: 2/13 – 3/20 **ASTBT64**  
Min/Max: 4/8  
Fee: \$65/70

#### Ballroom Dancing

We can help you and your partner look good at any event! Come join us in learning the basics in Ballroom, Salsa, Latin and Swing dancing. Comfortable clothing and shoes are recommended. **Location: American Stars of**

### Dance, 133 Cedar Ave., Lake Villa, IL.

Ages: Adult/Young Adult  
Day: Tuesday 6 wk. sessions  
Time: 7:30 – 8:30 p.m. Beginner  
Time: 8:30 – 9:30 p.m. Intermed.  
Ses. 1: 9/13 – 10/18 **ASBRB1**  
Ses. 2: 10/25 – 11/29 **ASBRB2**  
Ses. 3: 1/3 – 2/7 **ASBRB3**  
Ses. 4: 2/14 – 3/21 **ASBRB4**  
Min/Max: 3/5 couples  
Fee: \$85/90

### DANCE ACADEMY

The Dance Academy of Antioch is offering Dance classes for all ages through Antioch Parks & Recreation this fall and winter. Our instructors teach the technical aspects of dance while having fun. The dancers will develop their skills and increase their self-esteem. The following classes are held at The Dance Academy of Antioch which is located at 77 McMillan Rd (next to Nice Ice). If these classes do not fit your schedule, please call the Dance Academy at 847-395-0022 for more information.

#### Parent & Tot Class

This is a ½ class which is designed to get even the youngest of dancers having fun and learning to follow music. This class is for those dancers that need mom in the room to help, as well as those that are ready to stay and participate without a parent. The goal in this class is to have fun, learn to listen and follow direction, follow along with music and get ready for the next level. Comfortable clothes and tennis shoes are all that is needed. Sessions are 6 weeks and meets on Mondays.

Ages: 16 mos. - 3 yrs.  
Time: 9-9:30 a.m.  
Ses. 1: 9/12 – 10/24 **DAPT1**  
**No Class on 10/10**  
Ses. 2: 11/7 – 12/12 **DAPT2**  
Ses. 3: 1/9 – 2/13 **DAPT3**  
Ses. 4: 2/27 – 4/10 **DAPT4**  
**No Class on 3/27**  
Min/Max: 4/10  
Fee: \$47/52



### Preschool Tap & Ballet

A fun class for girls and boys!! This is a beginning level class that is designed to develop appropriate skills for the particular age group. Children will learn technique in Ballet and Tap. Classes will consist of a warm-up, progressions across the floor, and fun and exciting routines. Tap and Ballet shoes are recommended for this class, but not mandatory. You may find shoes; (black taps, pink ballets) at Payless, Wal-mart or order them through the studio. Sessions are 6 weeks and held on Mondays for 45 minutes each.

Ages: 3 - 5 yrs.  
Time: 9:45 - 10:30 a.m.  
Ses. 1: 9/12 - 10/24 **DATB1**  
**No Class on 10/10**  
Ses. 2: 11/7 - 12/12 **DATB2**  
Ses. 3: 1/9 - 2/13 **DATB3**  
Ses. 4: 2/27 - 4/10 **DATB4**  
**No Class on 3/27**  
Min/Max: 4/10  
Fee: \$52/57

### Teen Hip-Hop Class

This class is just plain fun! Learn to dance in the style of the music video stars of today. Clean tennis shoes and comfortable clothes. Classes run monthly.

Ages: 13 and up  
**Beginner Class - DATHB9-3**  
Time: Tuesdays 5:30 - 6:15 p.m.  
Dates: Monthly - Starts 9/6  
**Intermediate Class - DATHI9-3**  
Time: Mondays 7:00 - 7:45 p.m.  
Dates: Monthly - Starts 9/12  
Ages: 9 - 12 yrs. old  
**Beginner/Inter. Class DATHBI9-3**  
Time: Tuesdays 6:15 - 7:00 p.m.  
Dates: Monthly Starts- 9/6  
Min/Max: 5/15  
Fee: \$40/45

### Dance Line Class

This class will teach the students necessary skills needed for High School dance team. This class is taught by former varsity dance team member from Antioch High School. Class runs monthly.

**DADL9-3**  
Ages: 12-16 yrs  
Time: Wednesday 8:15 - 9:15 p.m.  
Class runs monthly & begins 9/7  
Min/Max: 4/12

Fee: \$45/50

### Adult Hip Hop Class

This class is just plain fun! Adults will learn to dance in the style of the music video stars of today. Clean tennis shoes and comfortable clothes. Classes run monthly.

**DAAH9-3**  
Ages: Young Adult/Adult  
Time: Friday, 6:15 - 7:00 p.m.  
Class runs monthly & begins 9/9  
Min/Max: 5/15  
Fee: \$40/45

### Ballroom Dancing

Join Miss Kim for lessons in Rumba, Waltz, Cha-Cha and Swing. Steps are broken down separately for the men and ladies. Couples and Singles are welcome. Comfortable clothes and shoes recommended.

Ages: Young Adult/Adult  
Time: Sundays 2:00 - 3:00 p.m.  
Ses. 1: 11/6 - 12/18 **DABD1**  
**No Class 11/27**  
Ses. 2: 1/8 - 2/12 **DABD2**  
Min/Max: 2/8 couples  
Fee: \$85/90

## GYMNASTICS

### GYMNASTICS ZONE

Antioch Parks & Recreation is offering gymnastics through the Gymnastics Zone on 820 Anita Street in Antioch. Girls should wear leotard with hair tied back. Boys should wear shorts with elastic waist band and T-shirt.

#### Play & Learn Parent & Tot Class

This class is designed for children 18 months to 3 years old. Parent participants with child; serving as a guide and helper as your child begins to explore the environment around him/her and discovers what his/her body can do. Sessions are 6 weeks and held on Saturdays.

Ages: 18 months - 3 yrs  
Time: 9:00 - 9:40 a.m.  
Ses. 1: 9/10 - 10/15 **GZPL1**  
Ses. 2: 10/22 - 12/3 **GZPL2**

### No Class 11/26

Ses. 3: 12/10 - 1/28 **GZPL3**  
**No Class 12/24 or 12/31**  
Ses. 4: 2/4 - 3/11 **GZPL4**  
Min/Max: 6/10  
Fee: \$58/63

### Pre-School Gymnastics

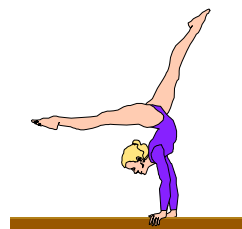
For children 4 - 5 years old. Child learns to adjust to a group situation and relating to peers. We will begin working on basic tumbling skills and activities on the gymnastics equipment, as well as motor skills, eye-hand coordination, fine muscle control, and activities designed to aid the academic development of the child. Sessions are 6 weeks and held on Saturdays.

Ages: 4 - 5 yrs.  
Time: 9:40 - 10:30 a.m.  
Ses. 1: 9/10 - 10/15 **GZPS1**  
Ses. 2: 10/22 - 12/3 **GZPS2**  
**No Class 11/26**  
Ses. 3: 12/10 - 1/28 **GZPS3**  
**No Class 12/24 or 12/31**  
Ses. 4: 2/4 - 3/11 **GZPS4**  
Min/Max: 6/10  
Fee: \$65/70

### Beginning Gymnastics

Emphasis is on physical fitness through gymnastics activities. Tumbling, Balance Beam, Uneven Bars, and Vaulting are included. As the child progresses in level 1 they advance to harder levels and their skills become more difficult.

Ages: 6 - 9 yrs.  
Time: 10:30 - 11:30 a.m.  
Ses. 1: 9/10 - 10/15 **GZB1**  
Ses. 2: 10/22 - 12/3 **GZB2**  
**No Class 11/26**  
Ses. 3: 12/10 - 1/28 **GZB3**  
**No Class 12/24 or 12/31**  
Ses. 4: 2/4 - 3/11 **GZB4**  
Min/Max: 6/10  
Fee: \$75/80



# SPORTS

## 5 STAR SPORTS

Back By Popular Demand! 5 Star Sports is a company that was founded by five coaches who have a true love for kids and sports. They believe that athletics can be a great building block for all children. Their main goal is to give the children the skills they need to exceed in sports while giving them the confidence to exceed in everything else. These classes support team play and friendship rather than just trying to win. They combine learning and entertainment for a mix that has proven to make these classes both fun and educational. Most sessions are 6 weeks.

### FAMILY OLYMPICS

Our family Olympics class is designed to help toddlers discover the wonderful world of sports. Running, jumping, throwing, catching, shooting and kicking are all activities that will help your child develop their motor skills. They will learn to listen, follow directions, share and get along with other kids. The sports covered will be soccer, basketball, baseball, football and floor hockey. All equipment provided. Participants must wear clean gym shoes inside due to our floor mats.

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**Ages:** 2 - 3 yrs.  
**Location:** Williams Park  
**Time:** Saturday, 9:30 – 10:15 a.m.  
**Ses.1:** 9/17 – 10/22 **5SFOS1**  
**Location:** Parks Building  
**Time:** Saturday 12:30 – 1:15 p.m.  
**Ses. 2:** 11/5 – 12/17 **5SFOS2**  
**No Class 11/26**  
**Ses. 3:** 1/7 – 2/11 **5SFOS3**  
**Ses. 4:** 2/18 – 3/25 **5SFOS4**  
**Time:** Wednesday 12–12:45p.m.  
**Ses. 1:** 9/14 – 10/19 **5SFOW1**  
**Ses. 3:** 1/4 - 2/8 **5SFOW3**  
**Min/Max:** 6/20  
**Fee:** \$35/40

### MINI OLYMPICS

This exciting class focuses on fun while introducing kids to many different sports. Each week the theme sport will change and games will be played. T-ball, soccer, basketball, football and hockey are the main sports covered. Other sports such as tennis, track &

field, bowling and even golf may also be introduced if time allows. Children must wear clean gym shoes due to our indoor mats.

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**Location:** Parks Building  
**Ages:** 3 - 4 yrs.  
**Time:** Tuesdays 12 - 12:45 p.m.  
**Ses. 1:** 9/13 – 10/18 **5SMOT1**  
**Ses. 3:** 1/3 – 2/7 **5SMOT3**  
**Time:** Saturdays 1:30 – 2:15 p.m.  
**Ses. 2:** 11/5 – 12/17 **5SMOS2**  
**No Class 11/26**  
**Ses. 3:** 1/7 – 2/11 **5SMOS3**  
**Ses. 4:** 2/18 – 3/25 **5SMOS4**  
**Location:** Williams Park  
**Ages:** 4 – 6 yrs.  
**Time:** Saturday, 10:30–11:15 a.m.  
**Ses. 1:** 9/17 – 10/22 **5SMOS1**  
**Min/Max:** 6/20  
**Fee:** \$35/40

### SOCCER

Every child should experience the world's most popular game in a way that will put the "fun" in fundamental. All the necessary skills will be covered that will enhance their confidence and prepare them for league play. Dribbling, passing, shooting and teamwork will be priorities during every class. We guarantee your child will impress you with their skill and knowledge level after they take our class. Every child should bring a soccer ball, shin guards are optional. Children must wear clean gym shoes due to our indoor mats and gym floors.

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**Location:** Parks Building  
**Ages:** 3 – 4 yrs.  
**Time:** Tuesdays 12 – 12:45 p.m.  
**Ses. 2:** 11/1 – 12/13 **5SSS2**  
**No Class 11/22**  
**Ses. 4:** 2/14 – 3/21 **5SSS4**  
**Fee:** \$35/40  
**Location:** Antioch Elementary School, 817 Main Street  
**Ages:** 4 – 6 yrs.  
**Time:** Wednesdays 5 – 6:00 p.m.  
**Ses. 2:** 11/2 – 12/14 **5SSS02**  
**No Class 11/22**  
**Ses. 4:** 2/15 – 3/22 **5SSS04**  
**Min/Max:** 6/20  
**Fee:** \$40/45

### T-BALL

We introduce your children to America's past time in a fun and creative way. While all the basic skills such as fielding, catching, and batting will be covered, your children will never be bored, as we make sure all kids stay moving and involved. Balls

and bats are provided so just bring your glove and let's play ball! . Children must wear clean gym shoes due to our indoor mats and gym floors.

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**Location:** Parks Building  
**Ages:** 3 – 4 yrs.  
**Time:** Wednesday 12-12:45 p.m.  
**Ses. 2:** 11/2 – 12/14 **5STBW2**  
**No Class 11/23**  
**Ses. 4:** 2/15 – 3/22 **5STBW4**  
**Min/Max:** 6/20  
**Fee:** \$35/45  
**Location:** Antioch Elementary School, 817 Main St.  
**Ages:** 4- 6 yrs.  
**Time:** Wednesday 5 – 6:00 p.m.  
**Ses. 1:** 9/14 – 10/19 **5STBW1**  
**Ses. 3:** 1/4 - 2/8 **5STBW3**  
**Min/Max:** 6/30  
**Fee:** \$40/45

### BASKETBALL SKILLS

5 Star Sports loves and plays all sports, but to us nothing can compare to basketball. Our passion for the sport shines through during every class. From the youngsters where just the basics such as dribbling, passing and shooting are covered, through the teenage years where the most complex details are explored. Every child will enjoy the fun and creative way the game is presented. So from the basketball die hard to the kid who just needs an outlet for all that extra energy, this is the class for you. Children must wear clean gym shoes due to our indoor mats and gym floors.

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**Location:** Parks Building  
**Ages:** 3 – 4 yrs.  
**Time:** Tuesday 2:30 – 3:15 p.m.  
**Ses. 1:** 9/13 – 10/18 **5SSBB1**  
**Ses. 3:** 1/3 – 2/14 **5SSBB3**  
**Min/Max:** 6/20  
**Fee:** \$35/40  
**Ages:** 4 – 6 yrs.  
**Time:** Tuesday 3:15 – 4:15 p.m.  
**Ses. 1:** 9/13 – 10/18 **5SSBB01**  
**Ses. 3:** 1/3 – 2/7 **5SSBB03**  
**Min/Max:** 6/20  
**Fee:** \$40/45  
**Location:** Antioch Elementary School, 817 Main Street  
**Ages:** 6<sup>th</sup> – 8<sup>th</sup> grade girls  
**Time:** Wednesdays, 6 – 7:00 p.m.  
**Dates:** 1/4 - 2/15 **5SSBB6G**  
**Ages:** 6<sup>th</sup> – 8<sup>th</sup> grade boys  
**Time:** Wednesdays, 7 – 8:00 p.m.  
**Dates:** 1/4 - 2/15 **5SSBB7B**  
**Min/Max:** 6/30  
**Fee:** \$40/45

## 5 STAR SPORTS

### BASKETBALL LEAGUE

Sports leagues are a great way for kids to improve their skills while also experiencing a competitive environment. During practices each team will improve on many different areas of the game. When the games start, they will get to put their new abilities to the test against kids from the same age group. Every child will always remain involved. Our coaches are trained on not only teaching the games, but also on building every child's confidence. The kids will learn that even though only one team can be victorious, if they play hard, everyone walks away a winner. T-Shirt included. Children must wear clean gym shoes due to gym floors.

**Location:** Antioch Elementary School, 817 Main Street

**Ages:** 6 – 8 yrs. (1<sup>st</sup> & 2<sup>nd</sup> graders)

**Time:** Wed. 6 wks. 6 – 7:00 p.m.

**Dates:** 9/14 – 10/19 **5SBB61**

**Ages:** 9 – 12 yrs. (3<sup>rd</sup> – 5<sup>th</sup> graders)

**Time:** Wed. 6 wks. 7 – 8:00 p.m.

**Dates:** 9/14 – 10/19 **5SBB71**

**Min/Max:** 6/30

**Fee:** \$50/55

**Ages:** 6<sup>th</sup> – 8<sup>th</sup> grade **girls**

**Time:** Wed. 8 weeks 6 – 7:00 p.m.

**Dates:** 2/22 – 4/5 **5SBBLG**

**No Class 3/29**

**Ages:** 6<sup>th</sup> – 8<sup>th</sup> grade **boys**

**Time:** Wed. 8 weeks 7 – 8:00 p.m.

**Dates:** 2/15 – 4/12 **5SBBLB**

**No Class 3/29**

**Min/Max:** 6/30

**Fee:** \$60/65

### FLOOR HOCKEY

We at 5 Star Sports believe hockey is too great of a game to only be played by great skaters. We bring all the speed and skill of the game minus the skates. Each week, numerous games will be played that will help improve your child's skill and knowledge level. At the younger level, passing, shooting and stick handling will be the main focus. As the kids grow, so does the knowledge. Positions, penalties, and even some hockey plays will all be covered with the older players. The only equipment needed is a helmet and a high level of enthusiasm. Gloves, kneepads, elbow pads and sticks are all optional. 6 week session. Children must wear clean gym shoes due to our indoor mats and gym floors.

**Location:** Antioch Elementary School, 817 Main Street

**Ages:** 6 – 8 yrs. (1<sup>st</sup> & 2<sup>nd</sup> graders)

**Time:** Wednesdays 6 – 7:00 p.m.

**Dates:** 11/2 – 12/14 **5SFH06**

**No Class 11/23**

**Ages:** 9 – 12 yrs. (3<sup>rd</sup> – 5<sup>th</sup> graders)

**Time:** Wednesdays, 7 – 8:00 p.m.

**Dates:** 11/2 – 12/14 **5SFH07**

**No Class 11/23**

**Fee:** \$40/45

**Location:** Parks Building

**Ages:** 3 – 4 yrs.

**Time:** Tuesdays 2:30 – 3:15 p.m.

**Ses. 2:** 11/1 – 12/13 **5SSFH2**

**No Class 11/22**

**Ses. 4:** 2/14 – 3/21 **5SSFH4**

**Fee:** \$35/40

## COURT ACES TENNIS

### FALL TENNIS

The Court Aces will again be teaching tennis to the residents of Antioch this fall. They are a well known and respected organization which provides fun and positive reinforcement as they cover all areas of the game. If you have any questions concerning classes, please call Celeste at 847-662-5038. Must have tennis racket, tennis shoes and comfortable clothing.

**Location:** Centennial Park

**Juniors:** 5 weeks on Thursdays

**Time:** Beginners 4 – 5:00 p.m.

**Ages:** 8 and up

**Dates:** 9/8 – 10/6 **CATB03**

**Time:** Advanced/Beg. 5 – 6 p.m.

**Ages:** 11 and up

**Dates:** 9/8 – 10/6 **CATAB03**

**Fee:** \$60/65

**Adults:** 4 weeks on Thursdays

**Time:** Advanced/Beg. 6 – 7:30 p.m.

**Ages:** 15 and up

**Dates:** 9/8 – 9/29 **CATA03**

**Fee:** \$70/75

**Min/Max:** 5/10

## FITNESS

### PILATES MAT CLASS PLUS

Pilates mat class taught by certified fitness instructor Jan Fenske, designed to restore muscular balance and to improve overall body strength. During this class you will also learn to improve flexibility and increase core

stability. The movements use the abdomen, lower back and buttocks as a power center, enabling the rest of the body to move freely through each fundamental movement. Resist-A-Balls are included in this class format as well as strength exercises. Dress comfortable and bring a towel and a mat. This is a class for Mind, Body & Spirit!

**Location:** Parks Bldg. Classroom

**Ages:** Adult 16 and up

**Day/Time:** Wednesday 6 – 7 p.m.

**Ses. 1:** 3 wks. 9/7 – 9/28 **YPW9**

**No Class: 9/21**

**Ses. 2:** 4 wks. 10/5–10/26 **YPW10**

**Ses. 3:** 4 wks. 11/2–11/30 **YPW11**

**No Class 11/23**

**Ses. 4:** 3 wks. 12/7–12/21 **YPW12**

**Ses. 5:** 4 wks. 1/4 – 1/25 **YPW1**

**Ses. 6:** 4 wks. 2/1 – 2/22 **YPW2**

**Ses. 7:** 4 wks. 3/1 – 3/22 **YPW3**

**Min/Max:** 6/25

**Fee:** 3 wks. \$30/35 4 wks. \$40/45

### YOGA/PILATES FUSION

A blend of Pilates mat-based exercises and yoga postures, guaranteed to soothe the mind and relax the body. Bring your own yoga mat. Certified Instructor: Janice Fenske.

**Location:** Parks Building Gym

**Ages:** Adult 16 and up

**Day/Time: Tues. 9 – 10:00 a.m.**

**Ses. 1:** 3 wks. 9/6-9/27 **YPT9**

**No Class 9/20**

**Ses. 2:** 4 wks. 10/4-10/25 **YPT10**

**Ses. 3:** 4 wks. 11/1-11/29 **YPT11**

**No Class 11/22**

**Ses. 4:** 3 wks. 12/6-12/20 **YPT12**

**Ses. 5:** 4 wks. 1/3 - 1/24 **YPT1**

**Ses. 6:** 4 wks. 2/7 - 2/28 **YPT2**

**Ses. 7:** 3 wks. 3/7 - 3/21 **YPT3**

**Day/Time: Thurs. 9 – 10:00 a.m.**

**Ses. 1:** 3 wks. 9/8-9/29 **YPT9**

**No Class 9/22**

**Ses. 2:** 4 wks. 10/6-10/27 **YPTH10**

**Ses. 3:** 3 wks. 11/3-11/17 **YPTH11**

**Ses. 4:** 3 wks. 12/1-12/15 **YPTH12**

**Ses. 5:** 4 wks. 1/5 - 1/26 **YPTH1**

**Ses. 6:** 4 wks. 2/2 - 2/23 **YPTH2**

**Ses. 7:** 4 wks. 3/2 - 3/23 **YPTH3**

**Min/Max:** 6/25

**Fee:** 3 wks. \$30/35 4 wks. \$40/45

**Also see next page under Shotokan Karate for Cardio Kickboxing, Strength and Conditioning and Interval Training classes.**

## HORSE RIDING LESSONS

### at Windance Acres

We offer 2 styles of riding, at Windance Acres, English or Western, (you must specify). Classes start at the beginner level. Each child may advance to his/her own level. Proper attire is a MUST! Long pants, shoes/boots with a heel and a riding helmet are required. (Riding helmets will be supplied if you do not own one.) Don't worry about the weather, they have an indoor and outdoor arena. If you have any questions about lessons please call 847-265-2329.

Location: Windance Acres, 803 Cedar Lake Road, Lake Villa, IL.

Age: 6 and up

Day: Wed. Time: 4 - 5:00 p.m.

Ses. 1: 9/28 - 10/19 **WAHR09**

Ses. 2: 10/26 - 11/16 **WAHR10**

Ses. 3: 11/23 - 12/14 **WAHR11**

Ses. 4: 12/21 - 1/11 **WAHR12**

Ses. 5: 1/18 - 2/8 **WAHR01**

Ses. 6: 2/15 - 3/8 **WAHR02**

Ses. 7: 3/15 - 4/5 **WAHR03**

Min/Max: 1/ 3

Fee: \$120/130

## BEST DEFENSE

### SAFETY SKILLS & SELF-DEFENSE FOR KIDS

What Every Child Should Know! Stranger-danger, bullies, the Internet, and other real-world hazards . . . help your child manage scary situations and gain self-confidence. Includes 25+ discussion topics and 25 simple, practical, self-defense maneuvers taught in a fun, non-threatening way by a certified instructor. Illustrated Home Learning Guide, and wallet sized Safety Card included. Parents welcome to observe free. More info at [www.BestDefenseIllinois.com](http://www.BestDefenseIllinois.com) Wear casual clothing and clean, tied gym shoes. All materials included.

Location: Parks Bldg. Classroom

Age: 5 and up

Time: Tuesdays, 4:45 - 6:00 p.m.

Ses.1: 9/27 - 10/11 **BDEF1**

Location: Parks Bldg. Classroom

Time: Wednesdays 4:45 - 6 p.m.

Ses. 2: 2/1 - 2/15 **BDEF2**

Min/Max: 8/25

Fee: \$50/55

## ARTS & CRAFTS

### BASKET WEAVING

Our instructors are Lisa Herout and Ann Krumpas who have taught basket weaving for the Antioch Fine Arts Foundation as well as other area park districts. All materials included.

Location: Parks Bldg. Classroom

Ages: 16 and up

Min/Max: 5/12

#### Potato Basket

This shallow round basket, originally used to store potatoes, can be used in your home to hold magazines, knitting or just about anything. Students will learn how to construct and shape a traditional ribbed basket and will be able to customize their baskets with a choice of color accents and other embellishments chosen at the time of class.

Date: Monday, 9/26 **BW09**

Time: 6:30 - 9:30 p.m.

Fee: \$32/37 Min/Max: 5/12

#### Fair Isle Storage

This Basket has a spectacular design that resembles a tartan plaid. This very roomy storage basket has custom leather handles and measures 10" high X 16" wide and 18" long at the rim. Please choose a color accent at registration. Colors include: green, black, wine and navy.

Date: Monday, 10/24 **BW10**

Time: 6:30 - 9:30 p.m.

Fee: \$45/50 Min/Max: 5/12

#### Pine Tree Pocket

These adorable baskets feature a woven pine tree. They make great holiday decorations hanging from a Christmas tree or fireplace or use them as unique gift containers for a small gift. Students will make 2 of these great baskets in class.

Date: Monday, 11/14 **BW11**

Time: 6:30 - 9:30 p.m.

Fee: \$27/32 Min/Max: 5/12

#### Caddy Basket

This very functional basket has a wood divider insert and a hand-carved wood handle that is perfect for organizing your "stuff". It is perfect to hold silverware, desk accessories or toiletries. Students may choose color

accents at the time of class to customize their baskets.

Date: Tuesday, 1/24 **BW01**

Time: 6:30 - 9:30 p.m.

Fee: \$30/35 Min/Max: 5/12

#### Fire in the Night

This striking basket is named for its color scheme of red, black and maple splint. A solid wood oval base as well as a carved wood swing handle make this a useful as well as a beautiful heirloom basket. Students may choose from scarlet, wine, navy or green.

Date: Monday, 2/27 **BW02**

Time: 6:30 - 9:30 p.m.

Fee: \$47/52 Min/Max: 5/12

## PROMISING Picassos

### Drawing for children

#### Basic Drawing Class

This is a drawing class unlike any other for 4 - 6 year olds. Children will work on fine motor development and organizational skills. Each session consists of different drawings so be sure to sign up for more than one session. All materials provided. Classes are on Thursdays for 4 week sessions.

Location: Parks Bldg. Classroom

Age: 4 - 6

Time: 4:30 - 5:15 p.m.

Ses. 1: 9/22 - 10/13 **PPBD09**

Ses. 2: 11/3 - 12/1 **PPBD11**

(No class 11/24)

Min/Max: 6/12

Fee: \$32/37

#### Madagascar Drawing Class

Did you say you wish you could go to the "wild"? You probably have a reason. The penguins are psychotic. Besides we don't belong here it's just not natural. Let's illustrate the fun loving characters from the zoo. We will be using pencils, markers and colored pencils. Let's get a "crack-a-lackin" All materials provided.

Location: Parks Bldg. Classroom

Age: 7 - 12

Time: Thursdays, 5:30 - 6:30 p.m.

Dates: 9/22 - 10/13 **PPM09**

Min/Max: 6/12

Fees: \$32/37

## PROMISING PICASSOS

### Shark Tale Drawing Class

Oscar, Lenny, Angie and the rest of the Shark Tale cast have been invited to class. You are sure to have a whale of a good time! Come and use our pencils, crayons, colored pencils, and markers to illustrate and color the fun and zany characters. All materials provided.

Location: Parks Bldg. Classroom  
Age: 7 – 12

Time: Thursdays, 5:30 – 6:30 p.m.

Dates: 11/3 - 12/1 **PPST11**

**(No class 11/24)**

Min/Max: 6/12

Fees: \$32/37

## SCRAPBOOKING

### Remembering When Scrapbooking Inc.

Antioch Parks and Recreation is teaming up with Remembering When Scrapbooking Inc. to bring adults and children the latest in scrapbooking techniques. All students should bring basic supplies of paper trimmer, adhesive, black pen and a good pair of scissors. All classes are held at Remembering When at 1482 N. Main Street in Antioch.

#### Beginning With Patience

Do you wonder what acid free really means? Are you overwhelmed with all of the scrapbooking supplies out there? Join us for this class! We'll discuss the basic terms of scrapbooking as well as complete a 2-page scrapbook layout.

Ages: 13 – adult  
Time: 6:30 – 8:00 p.m. **RWS10**  
Date: Tuesday, 10/11  
Min/Max: 3/10  
Fee: \$20/25

#### Christmas Paper Bag Album

Paper Bag albums are all the rage! We'll create a mini-album from paper lunch bags that will be perfect to showcase your holiday photos. You'll love all the pockets and tags this book has.

Ages: 13 – adult  
Time: 6:00 – 8:30 p.m. **RWS11**  
Date: Tuesday, 11/8  
Min/Max: 3/10  
Fee: \$25/30

### Kids Mini Christmas Album

This class is just for kids. Bring the kids to have a mini Christmas album created just for you. The album will have plenty of spaces for you to add your photos once the holiday rush is over. What could be better than that?

Ages: 4 – 12 yrs.  
Time: 1 – 3:00 p.m. **RWS12**  
Date: Saturday, 12/17  
Min/Max: 3/10  
Fee: \$25/30

#### Quick & Easy Valentines

Would you like to create handmade Valentine's this year? We'll show you how to create 6 – 8 cards that will wow your friends and loved ones. We'll use a variety of new techniques and products.

Ages: 13 – adult  
Time: 6:30 – 8:00 p.m. **RWS01**  
Date: Tuesday, 1/24  
Min/Max: 3/10  
Fee: \$20/25

#### What is an Embellishment

Learn the basics of using brads, eyelets, fibers and tags on your scrapbook pages or cards. This class will help you identify all of the little odds and ends you see on pages and help you put them on your own pages.

Ages: 13 – adult  
Time: 6:30 – 8:30 p.m. **RWS02**  
Date: Wednesday, 2/22  
Min/Max: 3/10  
Fee: \$21/26

#### Spring Is In

Create quick and easy layouts using fast techniques like color blocking. These layouts will work for Easter, Spring or St. Patrick's Day. Photos can be added later.

Ages: 13 – adult  
Time: 6:30 – 8:00 p.m. **RWS03**  
Date: Tuesday, 3/21  
Min/Max: 3/10  
Fee: \$20/25

#### Love Is In The Air

The May wedding season is just around the corner. This class is designed for wedding layouts old and new. Feel the love as you create beautiful layouts that can be scrapbooked or framed.

Ages: 13 – adult  
Time: 1:00 – 3:00 p.m. **RWS04**  
Date: Saturday, 4/22  
Min/Max: 3/10  
Fee: \$20/25

### Mother's Day Mini Purse

This class is for kids. The kids will create a mini album shaped like a purse for mom. This purse will be a wonderful gift for mom. She can add her favorite pictures or you can bring some to use in class.

Ages: 4 – 12 yrs.  
Time: 1:00 – 3:00 p.m. **RWS05**  
Date: Saturday, 5/6  
Min/Max: 3/10  
Fee: \$25/30

## BABYSITTING

### Sitter's Survival

#### Babysitting Clinic

A Collaborative venture between the Antioch Parks & Recreation Dept., Antioch Fire Dept., Antioch Rescue Squad, Antioch Police Dept., Antioch Jr. Womans Club. This class is back by popular demand and is a 4 week class with 2 sessions offered. Instruction on safety and emergency situations will be given by experts from the Antioch Fire Dept., Police Dept. and Rescue Squad. The final class will have hands on instruction and activities with real babies. Children must attend all 4 classes to receive a certificate at the end of the session. Held at the Antioch Parks Building in the classroom.

Ages: 10 – 15 yrs.  
Time: 7:00 – 8:30 p.m. (2<sup>nd</sup> class will go until 9:00 p.m.)  
Ses. 1: Thurs. 10/6 – 10/27 **BSS1**  
Ses. 2: Mon. 1/16 – 2/6 **BSS2**  
Min/Max: 10/20  
Fee: \$10/15



# MUSIC

## Imagination Improvisation

### A journey of musical expression for early childhood

These developmentally appropriate classes actively involve children in making music through playful exploration using rhymes, folk songs, movement, body percussion and instruments. All children can participate at their own level as activities are specifically tailored to match the abilities and interests of the members of the class. The instructor Rebecca Gundlach, an Orff-Schulwerk specialist, has taught children of all ages for sixteen years and brings a wide variety of experiences to the classroom. **Location: Trinity United Methodist Church (corner of Beck Rd. and Valley Dr. in Lindenhurst.**

#### Infant Class

For birth to 18 months old with parent. Lap babies, crawlers and walkers participate at their own level as they explore musical sounds and textures. Activities will focus on the infant-parent relationship. Sessions are 11 weeks.

Ses. 1: 9/10 – 11/26 **IINF09**  
**No class 9/24**  
Ses. 2: 2/4 – 4/29 **IINF02**  
**No class 2/25 or 4/15**  
Time: Saturdays, 9:00 – 9:45 a.m.  
Min/Max: 1/5  
Fee: \$115/120

#### Toddler Class

Toddlers ages 18 months to 3 ½ years, explore their world through all manner of movement. This class will use music to aid in discovery and development of large motor skills, to reinforce developing language abilities, and to encourage social interaction with other children.

Ses. 1: 9/10 – 11/26 **IITOD09**  
**No class 9/24**  
Ses. 2: 2/4 – 4/29 **IITOD02**  
**No class 2/25 or 4/15**  
Time: Saturdays, 10 – 10:30 a.m.  
Min/Max: 1/5  
Fee: \$115/120

#### Preschool Class

This class is for 3 ½ - 5 year olds. Emerging independence and confidence create opportunities that prepare for future formal music training. Parents will be welcomed at

the end of each session to see (and hear) what we have accomplished.

Ses. 1: 9/10 – 11/26 **IIPS09**  
**No class 9/24**  
Ses. 2: 2/4 – 4/29 **IIPS02**  
**No class 2/25 or 4/15**  
Time: Sat., 10:45 – 11:30 a.m.  
Min/Max: 1/5  
Fee: \$115/120

# COOKING CLASS

## Kids in the Kitchen

Antioch Parks and Recreation will again be offering a series of cooking classes for the fall and winter months. Classes will be held once a month on the dates listed below. All materials will be provided **therefore a registration deadline of 1 week before** each class is necessary so proper amounts of supplies are available. Classes will be taught by Linda Zeman, ACHS Foods teacher.

Location: Parks Building  
Ages: 6 -13 years  
Time: Saturdays, 11 - 12:30 p.m.  
Min/Max: 7/10  
Fee: \$12/15  
**Date: Saturday, 9/24 KIK09**  
Learn how to make **CARAMEL APPLES and APPLESAUCE** all by yourself!  
**Date: Saturday, 10/29 KIK10**  
**HALLOWEEN TREATS.** Spook-tacular projects for Halloween.  
**Date: Saturday, 11/19 KIK11**  
**EASY MUFFINS** with stir-ins. To warm those cold mornings.  
**Date: Saturday, 12/17 KIK12**  
**CHRISTMAS TREATS** – decorate cupcakes with our special holiday decorations.  
**Date: Saturday, 2/11 KIK02**  
**VALENTINE DAY COOKIES AND CANDIES** for those special Valentines. Includes cookie cutters and candy boxes.  
**Date: Saturday, 3/18 KIK03**  
**PUDDING SUPPRISES** – Fun and tasting treats using pudding.

# IMPORTANT DATES

## September

Mon. 5<sup>th</sup> Labor Day - No School  
Sat. 10<sup>th</sup> Arts & Crafts Faire 10 - 5 pm  
Sun. 11<sup>th</sup> Arts & Crafts Faire  
Mon. 12<sup>th</sup> Camp Crayon classes begin  
Sun. 18<sup>th</sup> Mother Son Bowling Night 4–6pm  
Thurs. 22<sup>nd</sup> Homecoming Parade 6:30 p.m.  
Fri. 23<sup>rd</sup> Time For Me Two class begins  
ACHS Homecoming Game

## October

Sat. 1<sup>st</sup> Rotary Club Pork Chop Dinner & Auction  
Sat. 8<sup>th</sup> OctoberFest  
Mon. 10<sup>th</sup> Columbus Day - No School  
Fri. 21<sup>st</sup> Halloween Howl 4:30 -10 p.m.  
Sat. 22<sup>nd</sup> Halloween Howl noon - 8 p.m.  
Downtown Antioch  
Mon. 31<sup>st</sup> Halloween Trick or Treat Hours 4-7 p.m.

## November

4th & 5<sup>th</sup> St. Peters Footlights 6:00 p.m.  
Thurs. 24<sup>th</sup> Thanksgiving Day  
Fri. 25<sup>th</sup> Holiday Parade and Tree Lighting 6:30 p.m. Main St.

## December

Mon. 12<sup>th</sup> Daddy Daughter Tickets go on sale for Antioch residents.  
Mon. 19<sup>th</sup> Winter Break begins  
Sun. 25<sup>th</sup> Christmas Day

## January 2006

Tues. 3<sup>rd</sup> Back to school - Dist. 34  
Begin taking 2006 Park Rentals  
Mon. 16<sup>th</sup> Open registration - Daddy Date Night

## February

Sat. 4<sup>th</sup> Daddy Daughter Date Night at Antioch Upper Grade 7 - 9 p.m.

## March

Sat. 11th Camp Crayon Registration for 2005/2006 - Village Residents  
Mon. 27th-Friday March 31<sup>st</sup> Spring Break

## Look for our Spring & Summer Brochure before spring break!

Attention! If you are 16 or older and looking for a great summer job, contact the Antioch Parks Office at 395-2160. We are looking for students 16 and over to work as day camp counselors or as lifeguards and cashiers at the Aqua Center. We begin taking applications in January!

Gift Certificates are available at the Parks Office. They make great gifts and can be used for any programs or events that we offer.



# Village of Antioch's Department of Parks & Recreation

## WAIVER, RELEASE OF ALL CLAIMS AND HOLD HARMLESS AGREEMENT NO REFUNDS ( READ CAREFULLY)

**NOTE:** We do not carry medical or accident insurance for program participants. The costs of that type of insurance would make program fees prohibitive. Please review your own personal health insurance plan to be certain that you and your family have the proper coverage. The use of this form is one of our answers to the national liability insurance crisis, allowing us to continue to offer quality programs to the public at reasonable costs. If you have any questions, please call 847-395-2160. Thank you for your cooperation and support.

Please read this form carefully and be aware that, in signing up and participating in the Village of Antioch Parks & Recreation Department programs, you will be waiving and releasing all claims for injuries, arising out of these programs, that you or the other named participants might sustain. The terms "I", "me," and "my" also refer to parents or guardians as well as participants in the programs you are agreeing as follows:

As a participant in these programs, I recognize and acknowledge that there are certain risks of any injuries, damages or loss which I may sustain as a result of participating in any manner, in any and all activities connected with or associated with such programs. I further recognize and acknowledge that all athletic activities involving strenuous exertion or potential body contact are hazardous recreational activities and involve substantial risks of injury.

I agree to waive and relinquish any and all claims I may have as a result of participating in these programs against the Village of Antioch Parks & Recreation Department, any and all other participating or cooperating governmental units, any and all independent contractors, officers, agents, servants and employees of the governmental bodies and independent contractors, and any and all persons and entities, of whatever nature, that might be directly or indirectly liable for any injuries that I might sustain while participating in these programs. (The parties described in the preceding sentence are referred to as "released parties" in the remainder of this Agreement).

I do hereby fully release and discharge the Village of Antioch Parks & Recreation Department and the other released parties from any and all claims for injuries, damage or loss which I may have or which may accrue to me on account of my participation in these programs. In the event of accident, injury, or sudden illness, I authorize needed medical treatment by a physician and/or hospital.

I further agree to indemnify, hold harmless and defend the Village of Antioch Parks & Recreation Department and any and all other released parties, from any and all claims resulting from injuries, damages and losses sustained by anyone, and arising out of, connected with or in any way associated with my conduct and the activities of these programs.

I further understand and agree that the terms such as "participation," and "activities," referred to in this Agreement, include all exercise and physical movement of any nature while I am participating in these programs and further include the provision of or failure to provide proper instructions or supervision, the use and adjustment of any and all machinery, equipment, and apparatus, and anything related to my use of the services, facilities, or premises involved on these programs, and transportation to and from any events.

I understand the nature of these programs for which I am registering and have read and fully understand this Waiver, Release and Hold Harmless Agreement. I further understand that any advisements or warnings of the particular risks of these programs that I subsequently receive will be incorporated by reference into and become a part of this agreement.

I understand that the participant's photograph may be taken during Park Department activities and I give my permission to the Village of Antioch's Department of Parks & Recreation to use such photographs in program advertisements.

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(Participant's Signature (or parent/guardian if under 18 years of age)

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Date

# VILLAGE OF ANTIOCH PARKS & RECREATION REGISTRATION FORM

## NO REFUNDS

Adult's Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work/Cell Phone \_\_\_\_\_

Resident \_\_\_\_\_ Non-Resident \_\_\_\_\_

Participant's Name(s) And Birth date	Age	Program Name and Code	Date(s) of Program	Cost of Program	Cash/ Check#

Please duplicate this form for additional registrations.

<b>Total Due:</b>	
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Mail or register in person at:  
checks.

We accept cash or

Parks & Recreation Department  
806 Holbek Drive  
Antioch, IL 60002

Make checks payable to:  
Village of Antioch

**Please read and sign the waiver on the back of this form.**



<b>Antioch Parks, Land &amp; Program Facilities</b>	<b>A C R E A G E</b>	<b>P L A Y G R O U N D</b>	<b>P A V I L I O N</b>	<b>B A S K E T B A L L</b>	<b>B A S B A L L</b>	<b>V O L L E Y B A L L</b>	<b>T E N N I S</b>	<b>F I S H I N G</b>	<b>B A T H R O O M S</b>	<b>A R B O R E T U M</b>	<b>P I C N I C T A B L E S</b>	<b>G R I L L S</b>	<b>O P E N F I E L D S</b>
1. Abbey Estates Park (Undeveloped)	4.6												
2. Antioch Community Building, 884 Main St.									x				
3. Antioch Community High School, 113 Main St.					x	x	x		x				x
4. Antioch Elementary School, 817 Main St.		x		x	x				x				x
5. Antioch Upper Grade School, 800 Highview Dr.				x	x				x				
6. Antioch Village Hall, 874 Main St.									x				
7. Centennial Park, 601 Anita St.	8.6	x	x		x		x		x		x	x	x
8. Gage Brothers Park & Hiram Butterick Sawmill, Cunningham Dr.	4.4									x	x		
9. Jensen Park, Alima Terrace (in Sequoit Terrace Subdivision)	2.4	x	x	x	x		x		x		x		x
10. North Park, Donin Drive (in Antioch Manor North Subdivision)	3.5	x		x				x			x		x
11. Osmond Park, Valleyview Court	2.5	x				x					x		x
12. Pedersen Park, Highway 173	8.6	x						x	x		x	X	X
13. Senior Center, 817 Holbek									x				
14. Parks & Recreation Building, 806 Holbek Camp Crayon, Summer Day Camp, Shotokan Karate									x				
15. Tiffany Farms (Undeveloped)	24.5												
16. W. C. Petty School, 850 Highview Dr.		x		x	x				x				x
17. * Williams Park, 741 Main Street	8.8	x	x	x	x	x			x		x	x	x
18. Windmill Creek (Undeveloped)	8.5												
19. Woods of Antioch (Undeveloped)	14.8												
20. Redwing View - Pulte Homes (.35 developed)	15.8	X											
21. Sprenger Park – NeuHaven (Undeveloped)	41.8												
22. Mary's Park – NeuHaven (Undeveloped)	3.6												
23. Trevor Creek – Kennedy Homes (Undeveloped)	3.0												
24. Clublands 1 & 2 (Undeveloped)	16.2												

**\*Williams Park also includes the Little League Diamond, Antioch Aqua Center, Skate/Bike Park and Lions Club Pavilion**